

10 December 73

Dear Archimedes,

Greatly enjoyed your tale of the tree. And I heartily second your remarks re: physical exercise. It is 1.7 miles from our house to the hospital, so that makes 3.4 miles nearly every day for me—plus a mile or so of jogging plus some general body exercises most every week day at the YMCA. Certain yoga postures are very useful, also. But one very, very nasty problem for me has been cigarette smoking. I quit altogether this last January—then started again last month while working days. I go back to nights tonight and have equipped myself with a couple of pipes...hoping to gradually quit again altogether. The pipe is infinitely better for you than cigarettes, but no tobacco is good for anyone. As I recall, you used to smoke heavily yourself. Perhaps you have stopped too?

I don't know about your theory re: male, female & the vigorous physical life. Certainly women in America are discouraged from that sort of thing...but then the East German (for example) female athletes suggest other possibilities. But in any case I thoroughly agree that both body and mind are enhanced through vigorous, consistent exercise.

Corrected page proofs for Steppenwolf Five returned today to our printer in England. Glad to have that job nearly behind us. We are going to rest on our laurels for a few years before picking the work up again. Editing the magazine has fostered, among other things, a positive dread of correspondence and bookkeeping that now borders on the pathological. And I am grateful to you for keeping our exchange of letters going these past few years. Long periods have gone by, as you know, with little or no word from my end. Hopefully I can change that now. Letters are, after all, my one real defense against intellectual isolation. The climate here, both mental and physical, is harsh. Depression is apparently not a problem for you, and I'm very glad it isn't, but I am not so fortunate. It must be resisted.

I've not had the stamina to trudge through a second Hunt book, not even the so-called "true story" of the Cuban operation. Again, I can only wonder out loud how many of these looneys our government has on its payroll.

Finally, enclosed is the film company's hand-out for patrons of Executive Action—a technically well made but pointless movie. For your files, anyway.

Warmest personal regards,

